

LAPAROSCOPIC REPAIR OF INGUINAL HERNIA: EARLY OUTCOME OF A PROSPECTIVE SERIES IN A TERTIARY REFERRAL CENTER IN SRI LANKA

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Introduction: Despite the rising trend of laparoscopic repair of inguinal hernia (LRIH) in Sri Lanka, there are no published data from Sri Lanka on its early outcome. This study was done to assess this prospectively.

Material & Methods: All patients undergoing LRIH in our unit from 5/2013 – 5/2014 were included in this study which was part of an on-going prospective series. Patient's information and technical details were recorded and a telephone inquiry was done to assess chronic pain at 3 and 6 month intervals

Results: Mean age was 48.2 years with a range of 21-75. Fifteen had bilateral inguinal hernias (IH) and 3 were recurrent. TEP: TAPP ratio was in 20: 3. Five had indirect IH and the rest were direct IH. One was converted to open due to difficulty in entering the extra peritoneal plane. Mean operative time for bilateral and unilateral LRIH was 85 and 55 minutes respectively. One TEP repair had a recurrence at 6 weeks (4%) which was a missed indirect IH. Two (8%) had chronic dragging pain at groin which was persistent at 5 and 7 months respectively with a numeric rating score of 2 and 3 out of 10. Patients were very satisfied up to 95% and the mean time to resume normal activity was 6.5 days.

Discussion & Conclusion: LIHR in Sri Lankan setting is a safe procedure which is well accepted by patients with minimal intra-op complications. Although, TEP approach carries a small risk of overlooking an indirect IH.